

JACK O'HEALTH AND PEG O'JOY

A Fairy Tale for Children



BEATRICE SLAYTON HERBEN, M.D.



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Jack O'Health and Peg O'Joy

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JACK O'HEALTH AND PEG O'JOY

A FAIRY-TALE

BY
BEATRICE SLAYTON HERBEN, M.D.

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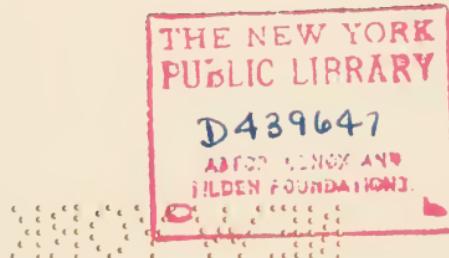
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APPROVED BY THE CHILD HEALTH COUNCIL

PUBLISHED FOR
THE NEW YORK TUBERCULOSIS ASSOCIATION
IN CO-OPERATION WITH
THE BOARD OF EDUCATION OF THE CITY OF NEW YORK
AND
THE HEALTH SERVICE, NEW YORK COUNTY CHAPTER
AMERICAN RED CROSS



FOREWORD

“My life is a beautiful fairy-tale,” said Hans Christian Andersen, and out of its realities no less than its imaginings, he wrote his immortal stories for children. “Contes d’Andersen” stands side by side with “Contes de Fées” of Charles Perrault and Madame d’Aulnoy on the shelves of the children’s libraries which have been recently opened in northern France. It is far from my intention to place “Jack O’Health and Peg O’Joy” beside the work of these great writers. I would give it a place of its own.

I have been listening to the nightingale singing in the leafless branches of those shattered trees beyond the Chemin des Dames with a thrill of new emotion as I recall the nursing centres—the homes and schools I have visited in caves and *baraques*—where transformations more wonderful than those related in any fairy-tale have been brought about by the modern science of Public Health Nursing.

When in New York I first read the spirited rhymes and jingles written by the children of Public School Fifteen and the slender thread of story which binds them together, I felt the book would achieve its purpose. It is conceived

FOREWORD

with humor and a fine regard for what is too often forgotten —*interest to children*. Children, no more than grown people, like to be bored when learning. Dr. Herben has spared the fairies, she has done no violence to fairy lore. Moreover, accurate information is so clearly conveyed, that as I think of this little book in France, with the illumination Frederick Richardson is sure to give to the text, I predict for it a welcome in other countries as well as a warm reception at home.

ANNIE CARROLL MOORE.

Supervisor of Work with Children.
New York Public Library.

Soissons, France,
May 16, 1921.

JACK O'HEALTH
AND PEG O'JOY



"PEGGY! PEGGY! COME AND PLAY"

JACK O'HEALTH AND PEG O'JOY

CHAPTER I

“Peggy! Peggy! Come and play
There’s the sun and here’s the day!”

Peg O’Joy opened her eyes. Mother had not called her! The little voice spoke again: “Peggy! Can’t you hear me?”

“Who is it?” said Peg O’Joy.

“My name is Good Fairy. I tried to talk to Jack. He did not wash his ears last night, so he couldn’t hear me.”

“A real Fairy!” Peggy sat up in bed.

“Jack!” This time Jack O’Health heard. He came into Peg O’Joy’s room.

“How did you get in?” he cried when he saw the Good Fairy.

“I came in through your open window,

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Jack! Hurry! We must get out and play.
You have many things to do."

Just then the sunlight came in through the window. Where it touched the floor, six little Get-Up-Early fairies were dancing and singing:

"In the morning when you rise
Do your daily exercise:
Bending! Stretching! Chest held high!
Jump out quickly! Come and try!"

Out jumped Peg O'Joy. The first thing they knew she and Jack O'Health were doing just as the fairies did. Oh, how they laughed! It felt so good.

"Come, children!" said the Good Fairy.
"Wash before you dress!"

All the little fairies flew to the bathroom. Jack and Peg ran after them. The fairies were singing:

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“Old King Cole was a merry old soul,
And a healthy old soul was he.
He called for his soap and a good clean bowl,
And he called for his fairies three.

One cleaned his teeth and another his nails,
And one washed his neck and ears,
And the Goblin-Germs, as they had no sails,
They were drowned in soap-sud tears.”

“I was the fairy who cleaned King Cole’s teeth,” said one to Jack. “I will sit on the handle of your tooth-brush while you do yours, up and down as teacher says!”

“And I will wash your ears,” cried another!

“I will help Peg O’Joy,” said one fairy with a pretty voice. “I’ll wash her neck and clean her finger-nails.”

The Good Fairy said: “Twice a week we will come and help you take your baths, too!”



"OLD KING COLE WAS A MERRY OLD SOUL"

CHAPTER II

“Please, Good Fairy, what are Goblin-Germs?” asked Peg O’Joy.

“The Germs are bad goblins,” the Good Fairy said,

“And they hate to come out in the light.
They ride with the flies on to food you are fed,
And they hide in the dirt from your sight.

These goblins are sly, as I told you before,
And they catch you whenever they may.
They climb to your mouth, which for them is
a door,

And go into your body and stay.

But that is not all, for they travel around,
And stir up your stomach all red;
They make it a howl-ery growl-ery ground
And first thing you know you’re in bed.

JACK O'HEALTH AND PEG O'JOY

Do you know what we do ?" the Good Fairy said,

"To keep the bad goblins away ?

We catch them in webs of the sunlight's gold thread,

And tie up a million a day.

When night-time is come and you go to bed soon,

If you keep all the windows raised high,

We fairies will come on a breeze from the moon

And blow them clear up to the sky."

"The goblins can ride on flies. They can ride on me too, can't they ?" Jack asked the fairy.

"Yes. That is why you can wash the goblins away when you brush your teeth. Germs like to live in your mouth. They like

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the food that clings to your teeth. If they stay there very long, they dig a hole in the tooth and live there.

“Once there was a naughty germ
That had no place to go,
But soon it found a hollow tooth
And there began to grow.

Other germs soon thought they'd call,
And in that tooth did stay,
No tooth-brush e'er disturbed their rest
Nor drove those germs away.

So in that selfsame hollow tooth
Their mischief was begun;
But oh! at last the dentist came
And then how they did run!

So brush your teeth with dental cream,
And to the dentist go;



THE GOBLIN-GERMS

JACK O'HEALTH AND PEG O'JOY
'Twill help to keep the germs away
And save your teeth, you know."



E.R.

"HANDY, SPANDY, JACK A DANDY,
ALWAYS HAVE YOUR TOOTH-BRUSH HANDY"

Just then Jack nearly dropped his tooth-brush. The fairy who sat on the handle jumped up and turned over and over the handle, singing:

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“Handy, Spandy, Jack a Dandy,
Always have your tooth-brush handy,
For if you let your teeth get bad,
You will be a foolish lad.”

“Do you know, Peggy, that you have very pretty hair ? ” asked the Good Fairy. “It looks as though you took very good care of it.”

“I wash it every two weeks and brush it every night and morning,” said Peggy.

“Do you remember hearing of the Princess whom the wicked witch locked up in the tower? She let down her long hair, and the Prince used it for a ladder up which he climbed to rescue her.”

“Oh, I remember her ! ” exclaimed Peggy. “Do you suppose my hair can be like hers ? ”

“Not every girl's hair can be so long,”



"SO WASH IT WELL, AND COMB IT WELL"

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said the fairy, "but you can all have hair as pretty if you take care of it."

"Oh, what is half so pretty as a girl's bright crown of hair!

To have it we must treat it with a great amount of care.

So wash it well, and comb it well, and brush it every night,

It then will rival fairy locks, for it will shine so bright."

CHAPTER III

“Here, Peg, is a glass of water for you. Here is one for you too, Jack. Always use a clean glass,” said the Good Fairy. “Drink a little water at meals and a great deal of it during the day. That will help to keep you strong and well.”

“Water, water, crystal clear!
Drink it! drink it with good cheer;
Not from cups which others use;
Clean, fresh water always choose;
Drink a little when you eat,
But aplenty in the heat.”

“My teacher said to drink water at the bubble fountain and not from cups which any other child has used,” said Jack.

“Jack did not forget,” said the fairy. “I

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heard her tell him. I was dancing in the bubbles at the fountain."

"Now go get your clean clothes, Jack and Peggy. Hang your night-clothes and bed-covers by the window. Fresh air and sunlight help to keep the clothes fresh and sweet." So away they went to do what the fairy said. While they dressed, they heard a fairy singing this:

"My skin is very wonderful,
It has so many pores;
And I must scrub and keep it clean
To open all these doors;
For moisture comes through tiny pores
To regulate the heat,
And I must have a rosy skin
From head to both my feet."

"Hurry into your clothes," said the Good



"I WAS DANCING IN THE BUBBLES AT THE FOUNTAIN"

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Fairy. Three fairies stood in a row by the door and sang:

“If weather is warm
With sunshine bright,
Wear clothing clean
And very light.

In winter a coat,
Warm underwear too,
Make boys and girls
A sturdy crew.

Wet weather is fun,
And no goblins will choose
To live in a raincoat
Or good rubber shoes.”

Jack and Peggy were dressed and they went to breakfast, where they found the Eat-Clean-Food Fairies waiting for them.

JACK O'HEALTH AND PEG O'JOY

“Why, you have sent all the flies away!”
cried Peggy.

“Certainly,” said the Eat-Clean-Food Fairies.
“We did not want you to be like the two
people of whom you have heard:

“Jack Sprat could eat no fat,
His wife could eat no lean,
For flies had crawled on all the food,
And none of it was clean.”

“Did you wash before you came to the
table?” asked one of the fairies.

“Will you eat slowly?” said another.

“Yes, little fairies,” said Jack and Peggy.
“Sing a song of coffee, rich food and cakes,
These will make sick children with bad
stomach-aches.

Sing a song of clean milk, butter, fruit, and
bread.

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These will make strong children with their cheeks all red."

Jack put his spoon down. "I heard a song one day that went like this:

"A diller, a dollar,
A rosy-cheeked scholar.

Why are your cheeks so red?

You used to live on sweets and cake
But now on whole-wheat bread."

Peggy's face had lost its smile. "May we never eat cake, Good Fairy?" she asked wistfully.

"Why, of course you may!" The Good Fairy laughed as she watched the little girl's face brighten. "Of course you may! Why, even fairies have a special cake-baker all their own. Once a year she makes a special cake for the Fairy Queen. It is made from the



"A SPECIAL CAKE FOR THE FAIRY QUEEN"

JACK O'HEALTH AND PEG O'JOY

mist that rises from ponds where the water-lilies grow, mixed with the honey and the fragrance of the sweetest flowers. Instead of candles, it is decorated with stars!"

"How pretty that must be!" Jack's and Peggy's eyes grew very large.

"So after you have eaten fresh fruit and potatoes and carrots, or onions or spinach—"

"And mother's nice bread! Um! Um! Bread certainly is good when she makes it, fairy!"

It was a little rude for Jack to interrupt that way, but the Good Fairy knew how excited he was.

"Yes," she said. "I know how good it is! After you have eaten all these good things you may have a piece of cake and a piece of candy, too, after dinner. Just be careful not to eat too much."

CHAPTER IV

Soon Jack O'Health and Peg O'Joy went to school. At the door they saw the Good Fairy. She walked with the children to the schoolroom. On the way she said to them :

“Please walk with your toes straight ahead,
And you'll never have trouble, 'tis said,
With flat feet and pains,
With crutches and canes,
For you'll step with a fairy-like tread.”

“We have to sit up straight at our desks, too,” said Peggy and Jack, and how the Good Fairy laughed when they told about Humpty Dumpty!

“Humpty Dumpty sat on a wall;
Humpty Dumpty had a great fall.

JACK O'HEALTH AND PEG O'JOY

How did it happen he met such a fate?
Because he forgot to sit up straight."

When school was called, all the children stood at their desks and played the good-morning game. The girls asked the questions, and the boys answered. This is what they said:

"Where did you come from, little boy?"

"Out of the sunshine, with Peg O'Joy."

"Where did you get your cheeks so red?"

"My windows are open while I'm in bed."

"But how does it happen you're never ill?"

"With pure fresh air my lungs I fill."

"And why are you always so cheery and gay?"

"Oh, fresh air drives the blues away."

"Why are you always on the 'A' side?"

"When I study my windows are open wide."



"COME AND BE HAPPY ALL THE DAY"

JACK O'HEALTH AND PEG O'JOY

“What will you be in your later years?”

“A good, strong, useful man, my dears.”

When recess came, Peggy ran to the drinking fountain to get a drink. And there was a fairy waiting for her!

“Come, little comrades, come and play,

Come and be happy all the day,

Play in the sun if it's not too warm,

Play in the house if there comes a storm.”

“Who said that?”

“Those are the Play-Fairies.” The Good Fairy flew outdoors. Jack and Peggy went out too.

“Hello, Jack!” called a playmate. “Take a taste of my lollipop.”

The Good Fairy whispered:

“Never eat a lollipop half eaten by another, You will get a Goblin-Germ and he'll call in his brother.”

CHAPTER V

By and by the children went home to lunch. While they were gone, the little Play-Fairies flew into the schoolroom and what do you suppose they did? One stood on the teacher's desk and all the rest of the fairies sat on the children's desks. (They were too tiny to sit in the seats, you know.) And then they started to play school.

"I am going to be Jack," said one. "He is the cleanest and healthiest boy in this school. He is so strong that the big boys all want him to play baseball and football with them."

"And I want to be Peggy," said another. "She is strong and well, too, and can skate, jump rope, and play ball and never get tired."

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The fairies played there all the noon-hour until it was time for the children to return and then they flew out of doors.

In the afternoon, Teacher asked a little boy a question. He did not answer. Peg and Jack heard the fairies talking about the boy who did not hear his teacher.

“Perhaps his tonsils are too big. Maybe he has adenoids. These sometimes make people deaf.”

“Why, do you know,” one fairy asked another, “that boy misses so much fun because he cannot hear as well as Jack does? He does not even hear the birds sing. He never heard me whisper to him the other day when I tried to show him a little elf hiding under the leaves on that plant there in the window. He misses such a lot of fun, poor boy!”

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"HE MISSES SUCH A LOT OF FUN, POOR BOY!"

"He should go to his good friend, the doctor, and have his nose and throat examined," said the other.

One fairy jumped up on to Peggy's pencil and said: "Look at that little girl. The sun

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shines right upon her book. The light should come from behind over her left shoulder.

“They say in my country—Fairyland—that if the sun shines directly into your eyes, you cannot see the lovely things hidden in the shadows. If the light comes from behind you, your eyes do not get tired and they can look into bright places and dark places and see everything. The sunlight on her page is too bright and when she looks up, that little girl will not be able to see her teacher! Dear! Dear! Teacher must tell her what the Raggedy Man said.”

Said the Raggedy Man, with very deep sighs:

“My!

Sakes!

What a lot of mistakes

Some little folks make in the use of their eyes!

JACK O'HEALTH AND PEG O'JOY

But people who know how to use them like me,
Can look to the top of the distant-est tree,
And they might see the ocean beyond it, you
know.

Whang!

Ho!

Why, certainly so!

They might see the ocean beyond it, you know."

The teacher did not hear the fairy telling Peggy about the Raggedy Man. However, she told them a story of a boy who grew up to serve his country as the commander-in-chief of the army. When he was a small boy and his father asked him what he was going to be when he grew up, his answer was:

"I'd like to be so many things,
When I am grown up tall,



"A FINE AND TRUE AMERICAN"

JACK O'HEALTH AND PEG O'JOY

'Tis hard to choose which is the best
There is among them all.
But all the while I'm growing up
There is one thing I can be—
A fine and true American
For all the world to see."

CHAPTER VI

After this story school was soon over.

Jack and Peggy went out to play until supper-time. There were the Play-Fairies standing in a row, saying:

“I take a deep breath in,
I let the deep breath out,
For good deep breathing all the time
Brings health, without a doubt.”

All the boys and girls stood in a row.
They did just as the fairies did.

As they were playing, a little boy sneezed. He did not cover his mouth. A million Goblin-Germs flew into the air. The Play-Fairies called to the Sun-Fairies to come and catch them.

JACK O'HEALTH AND PEG O'JOY

“Have a clean handkerchief every day
Use it to cover a cough or sneeze,
This will help to keep away
All the bad goblins that cause disease.”

“Children, come here and I will tell you a story,” said the Good Fairy. This is what she told them: “There is a very bad Goblin-Germ. He is so tiny that you cannot see him. We call him T. B. T. B. stands for a long word. This long word is the name of a disease. It is tuberculosis. If T. B. gets into the body, he makes the body very sick. He hurts more people than any other Goblin-Germ. If a person with this germ spits or sneezes, without covering his mouth, the tiny Goblin-Germs called T. B. fly into the air. Well people breathe them in, and then they may get sick too.”



F.R

MIDSUMMER NIGHT IN VEGETABLE LAND

JACK O'HEALTH AND PEG O'JOY

“Do they never get well again?” asked Peggy.

“Yes. If we know soon enough that the T. B. Goblins have gone into the lungs.”

“We will never spit. We will ask all grown-up people not to spit,” cried all the children together.

Then the children went to playing again and they played until the sun went down.

“Supper is ready!” called Jack’s mother.

In they all went and mother brought the good food to the table. There was Jack’s favorite soup with lima beans in it and baked potato with milk gravy. Mother gave a big juicy baked apple and a sugar cooky to each of them. My! what a supper it was! Everything tasted so good! Each child had a glass of milk which tasted especially good to Jack and Peggy, for it had been kept fresh and sweet in the ice-box.

CHAPTER VII

After supper the Go-to-Bed-Early Fairies came.

“Little children, do you know
When to bed at night you go,
Clothing which at play you wear
Should at night be hung to air.”

So Peg O’Joy and Jack O’Health hung up their clothes. Then they went to the bathroom and the Go-to-Bed-Early Fairies sang the Old King Cole song again. Teeth were cleaned. Faces were washed. Hands were washed. Hair was brushed. Then they scampered to bed.

“I’ll open the windows!” said Peggy.
“The moon is up,” said Jack, “and the good fairies will come with the fresh air.”

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At the very moment he spoke—what should the children see but a tiny figure flying to the window-sill! Then another came, another, and another! They folded their velvety wings slowly and softly, and when the Go-to-Bed-Early Fairies beckoned to them they tiptoed into the room.

“I think they are the Sleepy-Fairies,” Peggy whispered to Jack. “It is such a queer feeling that comes when I look at them. I cannot keep my eyes open.”

Drowsy little Peggy climbed into bed.

The last thing Jack O'Health said to Peg O'Joy that night was this:

“I learned about the Barefoot Boy
And his life in the open air,
And I wish that I could live with him
As a king of the hillsides fair.



THE SLEEPY-FAIRIES

JACK O'HEALTH AND PEG O'JOY

Though we must live 'tween city walls,
Kings we too can be
For nature has given the gift of health
To him and you and me."

The Good Fairy smiled at all the Sleepy-Fairies.

Before they could tuck in the blankets around each child, Peg O'Joy and Jack O'Health were fast asleep.



